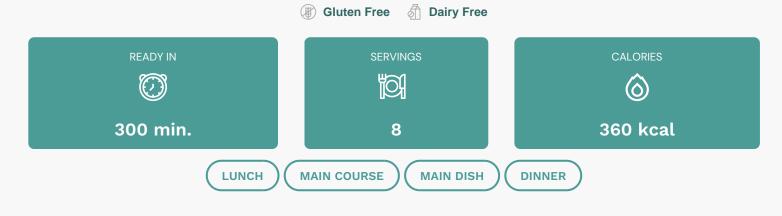


Vietnamese Chicken Salad



Ingredients

O.3 cup fish sauce
0.5 cup basil packed
0.5 pound carrots
2 tablespoons garlic finely chopped
1 garlic clove finely chopped
2 teaspoon ginger peeled finely chopped
2 pound cabbage green
0.3 cup brown sugar light packed

	5 tablespoons juice of lime fresh	
	0.5 cup mint leaves packed	
	1 tablespoon to 5 chilies fresh red finely chopped (preferably Thai or cayenne)	
	0.7 cup roasted peanuts salted coarsely chopped	
	1 tablespoon sugar	
	3.5 pounds chicken whole	
Equipment		
	bowl	
	sauce pan	
	knife	
	pot	
	sieve	
	blender	
	slotted spoon	
	tongs	
	colander	
	cutting board	
Directions		
	Stir together lime juice, garlic, ginger, chiles, 2 teaspoons salt, and 1/2 teaspoon pepper, then rub all over chicken, inside and out. Marinate, covered, at room temperature while cooking vegetables.	
	Thinly slice cabbage with slicer.	
	Cut carrots into thin matchsticks (1/8 inch) with a knife. Cook vegetables in a large pot of salted boiling water (2 tablespoons salt for 6 quarts water) until crisp-tender, 4 to 5 minutes	
	Transfer to a large sieve or colander with a slotted spoon (return water to a boil) and rinse under cold water to stop cooking.	
	Drain well.	
	Add sugar to boiling water, then add chicken with marinade and cook, covered, 15 minutes.	

Remove from heat and let chicken stand in cooking liquid, covered, 30 minutes. Carefully transfer chicken with tongs to a cutting board and let stand until cool enough to handle. Coarsely shred meat (and skin if desired), transferring to a large bowl.
Bring fish sauce and brown sugar to a simmer in a small saucepan, stirring until sugar has dissolved. Blend mixture in a blender along with chiles, ginger, and garlic (use caution when blending hot liquids). Stir in lime juice.
Transfer to a large sieve or colander with a slotted spoon (return water to a boil) and rinse under cold water to stop cooking.
Drain well.
Add sugar to boiling water, then add chicken with marinade and cook, covered, 15 minutes.
Remove from heat and let chicken stand in cooking liquid, covered, 30 minutes. Carefully transfer chicken with tongs to a cutting board and let stand until cool enough to handle. Coarsely shred meat (and skin if desired), transferring to a large bowl.Make dressing while chicken cools: Bring fish sauce and brown sugar to a simmer in a small saucepan, stirring until sugar has dissolved. Blend mixture in a blender along with chiles, ginger, and garlic (use caution when blending hot liquids). Stir in lime juice. Assemble salad: Toss vegetables with half of dressing and chicken with remainder.
Serve chicken over vegetables and sprinkle with peanuts, basil, and mint.
Serve at room temperature or chilled.
• Chicken can be marinated up to 1 hour.• Chicken and vegetables can be cooked 1 day ahead. Chill separately (covered once cool).• Dressing can be made 1 day ahead and chilled in an airtight container.
Nutrition Data
See Nutrition Data's complete analysis of this recipe
Nutrition Facts
PROTEIN 25.71% FAT 50.14% CARBS 24.15%

Properties

Glycemic Index:43.87, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:25.614782271178%

Flavonoids

Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg, Eriodictyol: 1.07mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.24mg, Apigenin: 0.24mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 359.84kcal (17.99%), Fat: 20.57g (31.64%), Saturated Fat: 5.08g (31.78%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 17.21g (6.26%), Sugar: 13.78g (15.32%), Cholesterol: 71.44mg (23.81%), Sodium: 921.86mg (40.08%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 23.73g (47.45%), Vitamin A: 5203.07IU (104.06%), Vitamin K: 97.94µg (93.27%), Vitamin C: 52.19mg (63.26%), Vitamin B3: 9.19mg (45.94%), Manganese: 0.65mg (32.5%), Vitamin B6: 0.63mg (31.73%), Phosphorus: 236.28mg (23.63%), Selenium: 16.33µg (23.33%), Folate: 85.91µg (21.48%), Fiber: 5.09g (20.34%), Magnesium: 79.24mg (19.81%), Potassium: 643.99mg (18.4%), Vitamin B5: 1.42mg (14.18%), Vitamin B1: 0.2mg (13.08%), Zinc: 1.87mg (12.47%), Vitamin B2: 0.21mg (12.16%), Iron: 2.14mg (11.88%), Calcium: 102.68mg (10.27%), Copper: 0.2mg (9.84%), Vitamin B12: 0.34µg (5.69%), Vitamin E: 0.69mg (4.61%), Vitamin D: 0.19µg (1.27%)